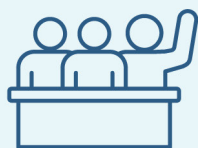




ARP Bulletin 14



Our rules about restrictive practices

What you need to know about our policy:

Authorisation of Restrictive Practices

in Funded Disability Services Policy

Easy Read bulletin

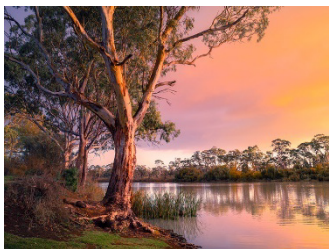
Issue 14: April 2025



Acknowledgement of Country



Aboriginal and Torres Strait Islander peoples are the first peoples of Australia.



They have always looked after Country.

Country means the land, water, sky and everything within them.



We respect the important connection that Aboriginal and Torres Strait Islander peoples have with Country.



And we respect their Elders from the past and now.

How to use this bulletin



We are the Government of Western Australia
Department of Communities (the Department).

We wrote this **bulletin**.



A bulletin is important news we share with
the community.

We wrote some words in **bold**.

Bold
Not bold

We explain what these words mean.

There is also a list of these words in the
Word list section.



You can ask someone you trust for support to:

- read this bulletin
- find more information.



This is an Easy Read summary of another bulletin.

It only includes the most important ideas.



You can visit our website to **read our other bulletins.**

www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources

What's in this bulletin?

About our bulletins	6
What is environmental restraint?	12
Rules providers must follow about environmental restraint	17
What do Quality Assurance Panels do?	19
Understanding needs and support	22
Supports for families	26
Supports for providers	27
Tell us what you think	28
Training and information sessions	30
Word list	41

About our bulletins



We include this section in all our bulletins.

If you've already read this information, you can skip to the next section.

The next section is called **What is environmental restraint?**



We want to make sure people in WA are safe.



So we need rules about how **providers** can use some types of supports.



A provider supports people with disability by delivering a service.

Sometimes providers use **restrictive practices** to keep:



- a person with disability safe



- other people safe.



Restrictive practices are actions that stop people from:

- moving
- doing what they want.



We wrote a **policy** so everyone knows what rules we have about restrictive practices.

A policy is a government plan for how to do things.

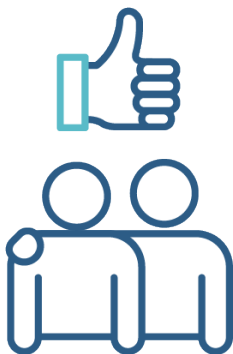


We call it the *Authorisation of Restrictive Practices in Funded Disability Services Policy*.

We wrote our bulletins to share information about:



- our policy



- research about **positive behaviour support**.

Positive behaviour support is about supporting a person with disability to live a good life.

About positive behaviour support



Positive behaviour support is about working together to:

- understand someone's behaviour
- meet their needs
- provide the right support to them.



This includes:

- asking questions
- being open to their experiences.



Providers can use positive behaviour support to help them:

- use less restrictive practices
- stop using restrictive practices.

Positive behaviour support is about helping:



- people who need supports
- and
- the people around them.



Positive behaviour support works best when everyone:

- listens to what a person with disability wants and needs
- works together.



In each bulletin we look at a different idea about positive behaviour support.

Our other bulletins



You can visit our website to **read our other bulletins**.

www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources



You can also sign up to our bulletin.

We can email you every time we write a new bulletin.



You can sign up by **filling out a form online**.

www.confirmsubscription.com/h/d/A869AA30BCDE3CFD



Or you can visit **our website**.

www.wa.gov.au/organisation/department-of-communities/authorisation-of-restrictive-practices



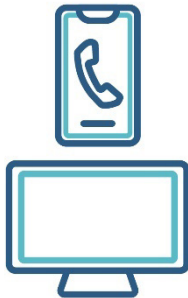
Please share this form with your friends and family, so they can sign up too.

What is environmental restraint?



In this bulletin, we talk about **environmental restraint**.

Environmental restraint includes actions that stop people from:



- using certain things, such as a phone or TV



- going into certain areas, such as the kitchen or backyard



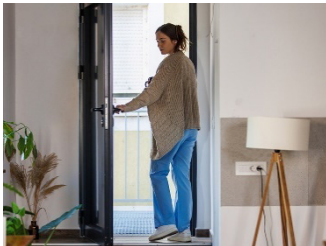
- taking part in activities, such as cooking or going to the shops.

It is not environmental restraint if:



- you lock a person's door to stop other people coming into their house

and



- the person is still able to leave their house.



Environmental restraint is not the same as **child proofing**.

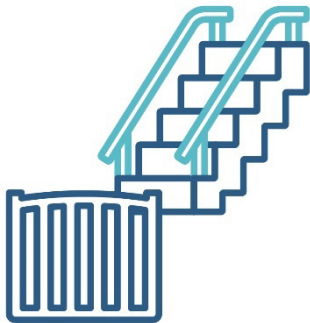


Child proofing is when parents change things in their home to keep their children safe.

For example, parents might:



- put a lock on a cupboard that has knives in it



- use a gate to stop their child from going up the stairs.



These actions are child proofing when people use them to keep children safe.

But these actions can be environmental restraint when people use them to:



- control a person with disability



- stop a person with disability from doing what they want.



This includes children with disability.

If you are unsure if something is environmental restraint, think about:



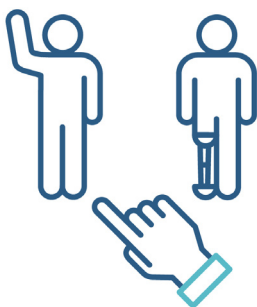
- why you are using the action



- who the action is for



- how the action will affect the person.



You should also think about if you would use this action for someone who does not have a disability.



If you say no, then it might be environmental restraint.

Rules providers must follow about environmental restraint



Providers must follow rules in our policy to use environmental restraint.



Providers must only use environmental restraint if someone shows **behaviours of concern**.

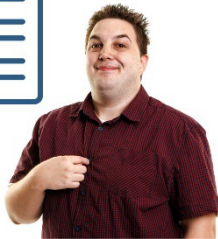


Behaviours of concern are things someone does that might put:

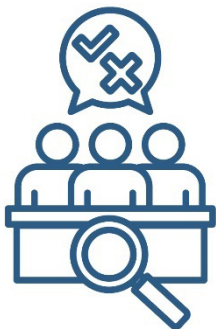
- themselves in danger
- other people in danger.



Providers must make sure environmental restraint has been included in the person's **behaviour support plan**.



A behaviour support plan is a document that explains what support a person needs.



A **Quality Assurance Panel** must:

- check the behaviour support plan
- decide if the environmental restraint can happen.

What do Quality Assurance Panels do?

2



We made 2 videos that explain what Quality Assurance Panels do.



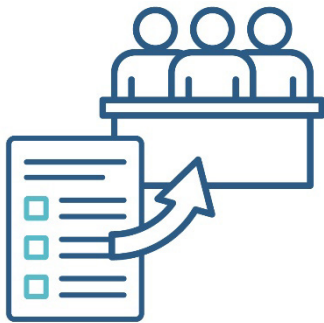
The videos follow a person called Charlie.



In the first video, we meet Charlie and learn about her life.



Charlie has a behaviour support plan that includes a restrictive practice.

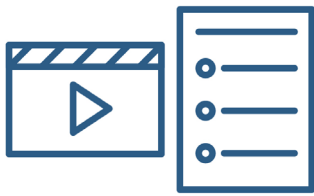


Charlie's behaviour support plan is sent to a Quality Assurance Panel.



In the second video, the Quality Assurance Panel members:

- check Charlie's behaviour support plan
- decide if the restrictive practice can happen.



The videos are simple.

This means they focus on the steps that Quality Assurance Panels must follow.



You can visit our website to [watch our videos about Quality Assurance Panels](#).

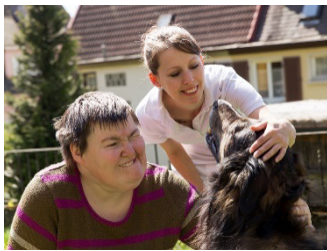


You can also learn more about Quality Assurance Panels in [bulletin 10](#).

Understanding needs and support



In our past bulletins, we have explored different parts of positive behaviour support.



This included how to provide high-**quality** supports to help people live good lives.



Quality is about good services that:

- meet the needs of people with disability
- give people choice and control.



We looked at how:

- what a person needs can affect their behaviour
- their behaviour changes when they don't get what they need.

We also looked at:



- working together to support what a person needs



- making sure everyone involved gets the support they need.



You can find more information in:

- [bulletin 6](#)
- [bulletin 7](#)
- [bulletin 10.](#)

In this bulletin, we look at a tool that can help people think about:



- important needs that everyone has



- if the supports are meeting a person's needs.

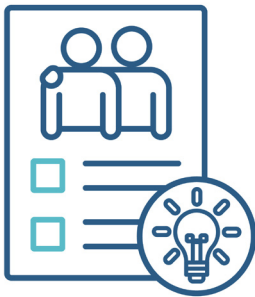


The tool is called 'Understanding Me'.



You can visit our website to **learn more** about the 'Understanding Me' tool.

www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources



In our next bulletin, we'll look more closely at the tool.

Supports for families

Information about the policy



We have fact sheets you can read to learn about:

- our policy
- restrictive practices.



You can visit the **individuals and families section** on our website.

www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources

Supports for providers



Development Disability WA (DDWA) can help providers find an **external behaviour support practitioner** for a Quality Assurance Panel.



External behaviour support practitioners are people that:

- need to be on all Quality Assurance Panels
- help decide if a restrictive practice can happen.



Providers can email DDWA.

ddwa@ddwa.org.au



The Western Australian Government pays external behaviour support practitioners from DDWA to be on Quality Assurance Panels.

Tell us what you think



We want to know what you:

- think about our bulletins
- want to learn about.



You can send us an email.

arp@communities.wa.gov.au

We might include your question or topic in our next bulletin.



You can contact the **NDIS Quality and Safeguards Commission (NDIS Commission)** if you have any questions about:

- restrictive practices
- how people support you.



The NDIS Commission makes sure people with disability who take part in the NDIS:

- are safe
- get good services.



You can send the NDIS Commission an email.

behavioursupport@ndiscommission.gov.au

Training and information sessions



We hold free information sessions for:

- providers
- families and carers
- practitioners.



You can ask questions during the sessions.



All the sessions are online.

We use Microsoft Teams.



You can send us an email if you have a question about these sessions.

**BehaviourSupportConsultancy@
Communities.wa.gov.au**



You can find future sessions in our most recent bulletin.

You can visit our website to **read our bulletins**.

www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources

Training sessions for providers and behaviour support practitioners



There will be 4 information sessions for:

- providers
- **behaviour support practitioners.**

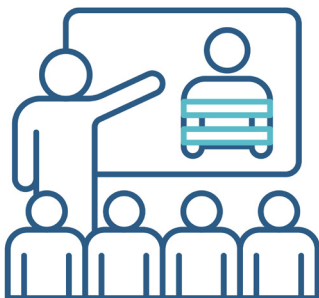


Behaviour support practitioners work with a person to create a behaviour support plan.



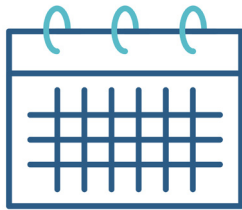
The behaviour support plan might include restrictive practices.

They follow the rules in our policy about restrictive practices.



One of the information sessions is about:

- our policy
- restrictive practices.



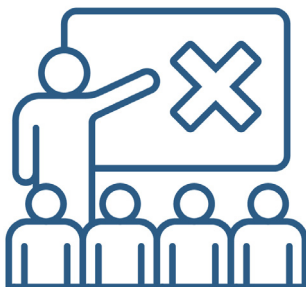
This information session will be:

- on Wednesday 11 June 2025
- from 10:30 am to 12 pm.

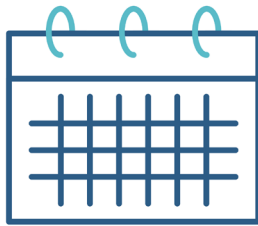


You can sign up for this session on the
Eventbrite website.

www.eventbrite.com.au/e/authorisation-of-restrictive-practices-arp-policy-overview-session-tickets-531745032707



One of the information sessions is about practices that are not part of our policy.



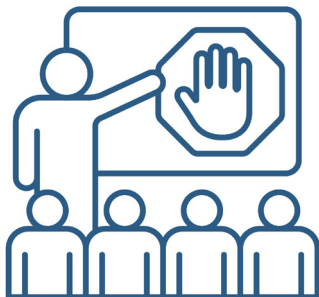
This information session will be:

- on Monday 23 June 2025
- from 1:30 pm to 3 pm.



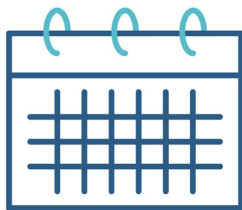
You can sign up for this session on the
Eventbrite website.

www.eventbrite.com.au/e/arp-policy-deep-dive-out-of-scope-practices-tickets-682050831397



One of the information sessions is about how to:

- use less restrictive practices
- stop using restrictive practices.



This information session will be:

- on Monday 12 May 2025
- from 1:30 pm to 3 pm.



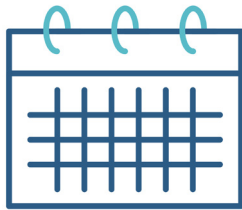
You can sign up for this session on the
Eventbrite website.

www.eventbrite.com.au/e/arp-policy-deep-dive-reduction-and-elimination-of-restrictive-practices-tickets-919198386117?aff=odtdtcreator



One of the information sessions is about
supported decision-making and our policy.

Supported decision making is when someone helps you make important decisions about your life and how you live.



This information session will be:

- on Thursday 29 May 2025
- from 10:30 am to 12:30 pm.



You can sign up for this session on the
Eventbrite website.

www.eventbrite.com.au/e/authorisation-of-restrictive-practices-policy-supported-decision-making-tickets-721881857067?aff=oddtcreator

Information sessions for senior managers and delegates who are on Quality Assurance Panels



There will be one information session for senior managers and **delegates** who are on Quality Assurance Panels.

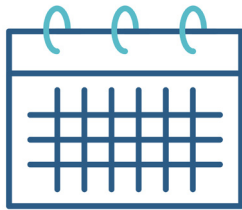


A delegate is a person who:

- is part of the provider's organisation
- speaks for the provider's organisation.



This session is about positive behaviour support.



This information session will be:

- on Wednesday 14 May 2025
- from 10 am to 11:30 am.



You can sign up for this session on the
Eventbrite website.

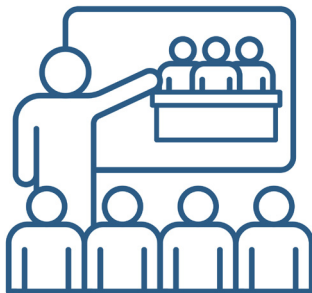
www.eventbrite.com.au/e/quality-assurance-panels-introductory-session-tickets-682040550647

Quality Assurance Panels practice group sessions

There will be one practice group for:



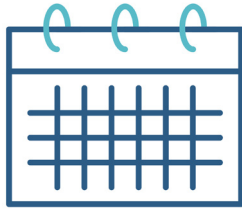
- senior managers
- practitioners
- delegates.



You need to go to an information session about Quality Assurance Panels before you can take part in a practice group session.



This practice group uses the example called 'Kate'.



This practice group session will be:

- on Tuesday 20 May 2025
- from 1:30 pm to 3:30 pm.



You can sign up for this session on the
Eventbrite website.

www.eventbrite.com.au/e/arp-quality-assurance-panels-practice-session-scenario-1-kate-tickets-795108530017?aff=oddtcreator

Word list

This list explains what the **bold** words in this document mean.



Behaviour support plan

A behaviour support plan is a document that explains what support a person needs.

Behaviour support practitioner



Behaviour support practitioners work with a person to create a behaviour support plan.

The behaviour support plan might include restrictive practices.

They follow the rules in our policy about restrictive practices.

Behaviours of concern



Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.



Bulletin

A bulletin is important news we share with the community.



Child proofing

Child proofing is when parents change things in their home to keep their children safe.

Delegate



A delegate is a person who:

- is part of the provider's organisation
- speaks for the provider's organisation.

Environmental restraint



Environmental restraint are actions that stop people from:

- using certain things
- going into certain areas
- taking part in activities.

External behaviour support practitioner



External behaviour support practitioners are people that:

- need to be on all Quality Assurance Panels
- help decide if a restrictive practice can happen.

NDIS Quality and Safeguards Commission (NDIS Commission)



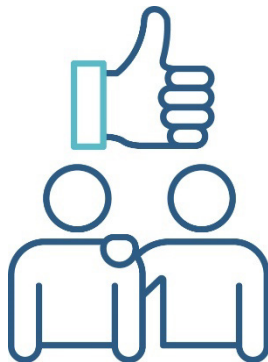
The NDIS Commission makes sure people with disability who take part in the NDIS:

- are safe
- get good services.



Policy

A policy is a government plan for how to do things.



Positive behaviour support

Positive behaviour support is about supporting a person with disability to live a good life.



Providers

Providers support people with disability by delivering a service.



Quality

Quality is about good services that:

- meet the needs of people with disability
- give people choice and control.



Quality Assurance Panel

A Quality Assurance Panel is a group of people who check behaviour support plans.

They decide if the restrictive practice can happen.

They follow the rules in our policy about restrictive practices.

Restrictive practices



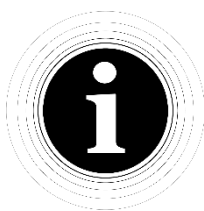
Restrictive practices are actions that stop people from:

- moving
- doing what they want.



Supported decision making

Supported decision making is when someone helps you make important decisions about your life and how you live.



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Quote job number 6206.